



## Potato Corn Soup

- 1 tablespoon oil
- 1 cup chopped onions
- 3 cups diced potatoes
- 2 cups low sodium broth
- 1 cup low fat milk
- 1½ cups corn
- Salt and pepper to taste



1. In a large pot, heat oil over medium heat. Add onions and cook until soft.
2. Add potatoes, broth and 1 cup water. Bring to a boil.
3. Lower heat and simmer for 30 minutes.
4. Stir until smooth. Use the back of a spoon or fork to mash some of the potatoes.
5. Add milk and corn. Reheat for 10 minutes. Serve hot and enjoy!
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7. Refrigerate leftovers.

Makes: 5 servings

### Nutrition Information:

CALORIES 140 (30 from fat); FAT 4g (sat 0.5g); CHOLESTEROL 5mg; SODIUM 350mg; CARBOHYDRATE 23g; FIBER 2g; PROTEIN 5g; CALCIUM 8%; IRON 6%



## Red Cabbage and Carrot Slaw

- 4 cups shredded red cabbage
- 2 cups shredded carrots (about 3 large)
- 2 cups chopped sweet apples (about 1 large or 2 small apples)
- 2/3 cup fat-free mayonnaise
- 2 Tablespoons sugar
- 1/4 cup vinegar
- 1 teaspoon celery seed

1. Combine cabbage, carrots and apple in a large bowl.
2. In a separate bowl, mix the mayonnaise, sugar, vinegar and celery seed.
3. Pour over cabbage mixture and toss gently to coat.
4. Cover and chill at least 1 hour before serving.



Makes: 16 servings

### Nutrition Information:

CALORIES 40 (15 from fat); FAT 1.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 100mg; CARBOHYDRATE 7g; FIBER 1g; PROTEIN 0g; CALCIUM 2%; IRON 2%